

Qualifications of Participants

Participants must:

- ◆ be consumers of mental health, addictions and/or other social services
- ◆ be reliable & punctual
- ◆ have an interest in volunteering with a mental health, addictions or social service agency
- ◆ be able to speak on behalf of all consumers
- ◆ be willing to attend regular meetings and training sessions
- ◆ have good communication skills & work well with others
- ◆ be able to maintain

Mental Health Rights Coalition believes strongly in making training programs available to anyone with lived experience and therefore offers training free of charge. Agencies who use this training service are asked to consider contributing to the cost of the program. Individuals wishing to contribute all or part of the cost are welcome to do so.

Course Value \$275 per person.

VOICES OF EXPERIENCE

Voices Of Experience

WHAT'S IN IT FOR YOU?

- ◆ Empower yourself
- ◆ Increase self esteem
- ◆ Have an influence
- ◆ Meet new people
- ◆ Help your community
- ◆ Receive training that you can put on your resume
- ◆ Certificate training course valued at \$275



The Mental Health Rights Coalition
In partnership with
Good Shepherd
Hamilton Program for
Schizophrenia
St. Joe's Healthcare
and other community agencies

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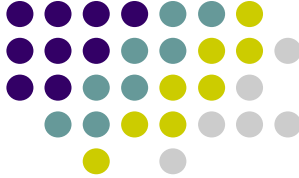
VOICES OF EXPERIENCE



**Mental Health Rights
Coalition believes strongly in
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available to anyone with lived**

Empowering service users to have a voice

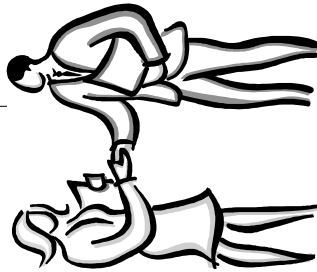
We Provide The Training, You Provide The Voice



Voices of Experience began as a joint project of Mental Health Rights Coalition and Good Shepherd.

The purpose of the project is to increase the level of consumer participation in the Mental Health, Addictions and other social service agencies which serve them. At the same time the project is aimed at helping the agencies adjust to consumer involvement and realize their full potential by including the consumer voice.

Agencies invite consumers to sit on committees, advisory groups and boards of directors to share their knowledge and experience on behalf of all consumers. Voices of Experience will provide support and encouragement, and assist in any



How It Works

The project is guided by a steering committee made up of consumers and representatives from mental health and addictions agencies.

Potential participants will receive a five week training course to prepare them to sit on Boards or Steering Committees within the community. The Steering Committee for Voices Of Experience is made up of experienced consumers who are available to mentor participants.

Once placed on a Board of Directors or Steering Committee, agencies are asked to provide a \$15 honorarium/expense fee per meeting to the consumer members.

Consumers may state their preferences with regard to the agency they are interested in. They also decide how long their commitment will be.

Benefits

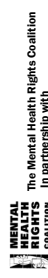
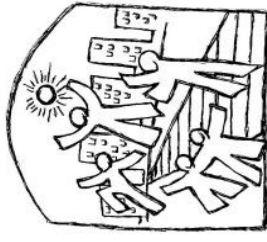
The benefit to the consumer is undeniable. The act of becoming involved and working toward change leads to renewed self respect and a sense of empowerment. The knowledge that you really can make a difference, not only in your own life, but in the lives of others, is invaluable.

In a survey by the District Health Council, agencies reported a significant gain from having consumers involved.

They gave examples of increased staff knowledge, better communication and a higher level of consumer comfort.

Many agencies stated that the personal experience of consumers helped them to become more effective and better able to meet the needs of their clients.

Participants will receive a training course where they will learn the basics of being a member of a Board of Directors or a Steering Committee, Robert's Rules of Order, Board of Directors and Steering Committee responsibilities, and the structure of Boards and Committees.



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